

What is the financial contribution requested?

The Recre8 Program is run by Human Nature Adventure Therapy, a not-for-profit organisation which is dependent on having adequate funds for each participant in order to continue to operate the program. We have received some funding for places on our Recre8 Programs, but request that where possible organisations and individuals make a contribution on a 'means basis' to help cover the significant costs incurred in such an intensive program. For each participant of the program, we are aiming for a contribution of \$3000, which includes food, gear, staffing, therapeutic support and program logistics. While this figure may seem substantial, it is a small proportion of the total cost of the program (the remaining costs are subsidised by Human Nature).

Where funds are limited,

please contact us to discuss sponsorship options - we will not turn away eligible participants due to inability to pay.

Please note: We rely on program contributions, as well as donations and volunteer support to operate. As a Public Benevolent Institution (PBI) charity with Deductible Gift Recipient (DGR) status, tax deductible donations can be made to us to support our programs. Contact us for more details.

Find out more

Visit: www.humannature.org.au

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SAILING & HIKING ADVENTURE THERAPY



Where will Recre8 be held?

The Preparation Camp will be held near Byron Bay, NSW. The hiking/sailing expedition will be held at Moreton Bay and Moreton Island, QLD.

Important dates

Applications close - 20 July 22

Preparation camp - 16-17 August 22

Expedition - 30 August - 8 September 22

Reunion camp - 4- 5 October 22

Application process

- Email or phone with any questions, and
- Provide a brief description of the young person and why you think they might benefit from Recre8
- Once initial suitability is established, application forms will be sent.

WHERE CHALLENGE MEETS CHANGE



WHERE CHALLENGE MEETS CHANGE

The Spring Recre8 Program

The 2022 Spring Recre8 Program

ADVENTURE THERAPY PROGRAM

The 2022 Spring Recre8 Program

Are you a supporter of a young person who is looking to make positive changes in their life?

Our upcoming Recre8 Program is for 14-18 year olds who are experiencing significant challenges such as school engagement, family relationships, social difficulties, mental health issues, addictions or trauma.

Centred around a fun and adventurous ten-day hiking & sailing expedition, it is an early-intervention opportunity for young people who want to work through challenges they may be facing internally, at home, at school, and in their community - to build a better life for themselves.

It combines a fun and life-affirming adventure with professional therapeutic counselling and support to help young people re-evaluate and recreate their lives.



Why Bush Adventure Therapy?

The program has at its core an exciting and challenging marine expedition, but there is a deeper therapeutic process beyond this. Participants will be guided and supported to reflect on their lives, come to know themselves more deeply, and develop goals and strategies for creating a fulfilling and positive future.

The experience itself is a chance for young people to 're-write' their life's story - a process that is facilitated within a Narrative Therapy framework. When challenges are overcome, inner strengths can be discovered and brought to the fore of one's sense of self. There are many and varied opportunities for intensive individual and group counselling, as well as times for quiet introspective work through guided processes.

The expedition's unique combination of activities and counselling provides a safe, non-threatening context that promotes self esteem, independence, maturity, resilience, teamwork, and optimism. This program has demonstrated outcomes, with our evaluations showing that the benefits of our programs are consistent with research findings in the field; participants display significant improvements in areas such as motivation, school performance, social confidence, and a reduction in drug and alcohol use and other high-risk behaviours.



How does the program run?

After a thorough application and assessment process, participants join us on a two day 'Preparation Camp', giving them a chance to meet the team and other young people, and prepare for an expedition experience. Two weeks after we depart on the 10 day expedition: hiking and sailing around Moreton Island. Participants will be supported to be self-sufficient, for example managing food and gear, whilst working within a team context to successfully complete the journey. They will learn sailing, navigation, hiking, and bush camping skills, whilst exploring their inner world - developing emotional wellbeing, mental health and social capacities.

After the expedition, we maintain follow up support for participants and their families to consolidate good outcomes. A celebratory reunion camp is held 4-6 weeks later to create an opportunity for reconnection, and consolidation of positive gains.

More about the Recre8 team

A minimum of five staff are on the program team, including two Bush Adventure Therapists (Psychologists/counsellors experienced in Bush Adventure Therapy with adolescents), and highly skilled Skippers (qualified skipper and outdoor guides with youth work experience).

Our team is mixed gender and we frequently utilise additional interns and skilled volunteers (making up a usual team of 6-7 staff in total supervising up to 12 young people). The skippering, logistics, safety, gear and navigation are provided by Blue Peter Sea School (bluepeteraustralia.com)